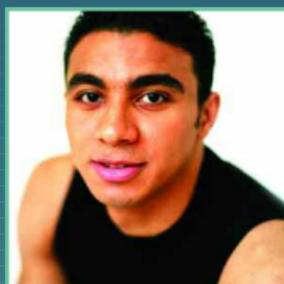
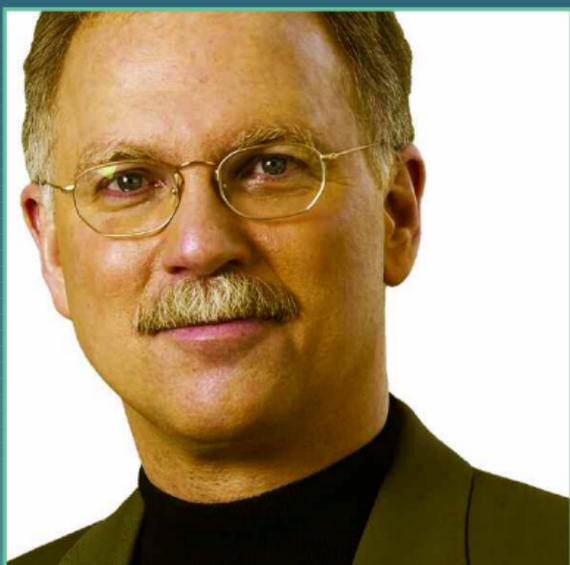
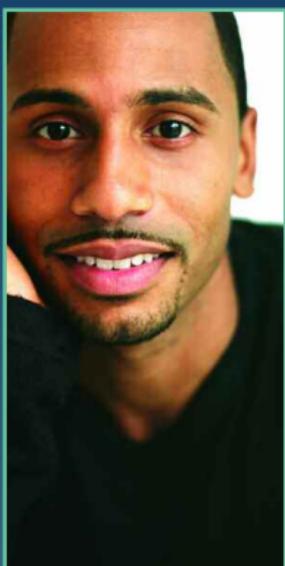




# Outpatient Services



*The Region's Premier Provider  
of Behavioral Health and  
Addiction Recovery Services*



**Laurelwood**  
Hospital

## Accessing Help

Accessing our services is a simple matter. You may contact us yourself to schedule an assessment and evaluation to determine your treatment needs, or a family member may call for you. The telephone number is **1-800-GET-HOPE (800-438-4673)**.

If you are already in treatment with a therapist, psychologist or psychiatrist, Laurelwood accepts patient referrals from them as well. Primary care physicians, social service and community agencies, employee assistance programs and employers, clergy, counselors, schools, courts, hospital emergency rooms and other health care professionals may also refer you for treatment.

Don't suffer in silence.

Call **1-800-GET-HOPE**

**(800-438-4673)**

**440-953-3000**

Depression and anxiety disorders each affect more than 19 million people.

Mental health and alcohol and drug dependency affect as many as one in four families in the United States. These issues are more common than you might think.

At least 2 million people suffer from manic-depressive (or bipolar) illness. This disorder often creates dangerous and dramatic mood swings.

About 5.2 million adults suffer from post-traumatic stress disorder (PTSD).

Approximately 8 million adolescents and adults in this country struggle to overcome eating disorders.

# Outpatient Services

## Laurelwood Hospital Counseling Centers

Life isn't always easy – whether you're an adult, a retiree or even an adolescent or a child. Everyone is affected differently by the challenges and adversities that they encounter. In addition, heredity, biological characteristics and environmental factors play roles of varying influence on your ability to cope and prevail over what life seems to be handing out to you.

So whether you think that you may be overreacting to a situation or a problem you can't seem to get over, or a personal loss or tragedy, the smart thing to do is to reach out to Laurelwood Hospital's outpatient services for help.

Laurelwood Hospital provides a wide range of outpatient services at each of its three locations to meet your individual needs. Offering a wide range of intensive outpatient programs; partial hospitalization programs; and individual, group and family therapy; Laurelwood's behavioral health professionals will help you address problems such as depression, anxiety, eating disorders, post-traumatic stress disorder, grief and loss, alcohol or drug dependency and other problems that impact your ability to lead a happy, productive life.

For children and adolescents, many of the problems listed above as well as school-related difficulties will be addressed.

Laurelwood's empathic, understanding specialists are highly skilled and credentialed clinicians who will assess your needs and develop an individualized treatment program for you. Your treatment team will consist of some or all of the following professionals: board-certified psychiatrists, addictionologists, psychologists, clinical social workers, counselors, advanced nurse practitioners and chemical dependency treatment experts.

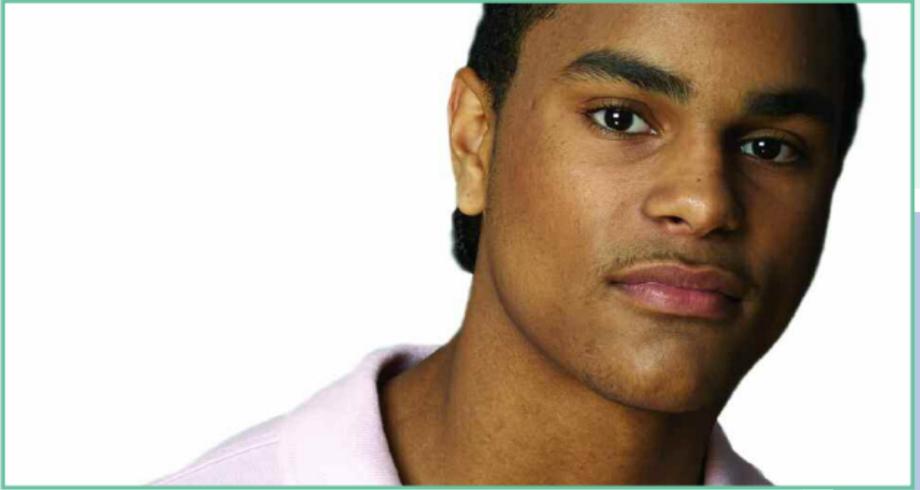
Therapy will be provided confidentially and in a comfortable environment. Most services and programs are provided at all three Laurelwood locations – Willoughby, Mentor and Beachwood – but, some specialty programs may not be available everywhere. Calling the Laurelwood Intake Department is the first step to seeking help. An assessment by our professional staff will allow us to recommend the appropriate service location to meet your individual needs.

## Adult Outpatient Services

- **Intensive Outpatient Mental Health Program (IOP)** – The IOP provides individual and group therapy to individuals in the community who function independently but require intensive services up to three hours per day/evening, three or four days per week. Individual and group therapy are utilized for clients with a variety of mental health diagnoses such as depressive disorders, anxiety disorders, adjustment disorders, thought and affective disorders and substance-abuse difficulties.
- **Partial Hospitalization Program (PHP)** – Designed for clients who require comprehensive programming in a structured environment, the PHP is appropriate for adults who are not in an acute psychiatric crisis yet need the structure of a 9 a.m. to 3 p.m., Monday through Friday treatment program. The PHP, through group work and dialectical behavior therapy (DBT), allows clients to develop more adaptive coping skills to deal effectively with life challenges as well as psychiatric symptoms.
- **Specialty Intensive Outpatient Programs and Partial Hospital Programs** – Laurelwood also offers specialty programs for individuals dealing with post-traumatic stress disorder, eating disorders, alcohol and drug dependency and dual diagnosis.
- **Individual, Group and Family Therapy** – Often viewed as traditional outpatient services, therapy provides clients with the skills and tools they need to solve their problems and lead more effective lives.

## Child & Adolescent Outpatient Services

These programs are grounded in DBT, which assists youths in better controlling and expressing appropriate emotions, behaviors and developing effective communication skills. The programs require participation in treatment by parents and guardians in order for clients to successfully incorporate learned skills and behaviors into their daily functioning with their families and at school.



- **Preteen Outpatient Programs** – Offering services to children, ages 9 to 12, along a continuum of care ranging from individual and group therapy to partial hospitalization programming, these innovative programs provide treatment options for children with problems of different severity levels. The programs help preteens learn to deal with stress and frustration, learn to manage their feelings and subsequent behaviors more effectively and improve their communication skills.
- **Adolescent Outpatient Programs** – Similar to the structure of the preteen outpatient programs, these services are offered to adolescents, ages 13-18. All levels of programming are designed to teach adolescents skills that assist them in managing their behavior more effectively, leading to improvement in communication, interpersonal relationships, judgment and impulsivity.

## *Insurance and Financial Arrangements*

Many insurance providers, managed care plans and public insurance plans cover treatment at Laurelwood Hospital. We provide assistance in facilitating insurance pre-certification and authorization from health benefits providers. We will also set up payment plans for self-pay patients.

## Where Can You Find Laurelwood?

With the hospital located in Willoughby and two counseling and outpatient centers located in Mentor and Beachwood, Laurelwood is convenient to many communities in northeast Ohio.



### **Laurelwood Hospital (Willoughby):**

35900 Euclid Avenue, Willoughby, OH 44094

From the West and Cleveland: Take I-90 E to Rte. 2; exit at Rte. 91 [Eastlake]. Turn right on Rte. 91 (SOM Center Rd.) and left on Rte. 20 (Euclid Ave.). Laurelwood Hospital is on right.

From Eastern Cuyahoga Suburbs and the South: Take I-271 N via local lanes to I-90 E; exit at Rte. 91 (Exit 189). Turn right on Rte.91 (SOM Center Rd.) and right on Rte. 20 (Euclid Ave.). Laurelwood Hospital is on right.

### **Mentor:** 7060 Wayside Drive, Mentor, OH 44060 / 440-639-8989

From Rte. 2 East or West: Exit at Rte. 615 (Center St.). Proceed south on Rte. 615 and turn left onto Rte. 20 (Mentor Ave.). Turn right at Wayside Dr. Counseling center is on right.

From I-90 North or South (use local lanes): Exit at Rte. 615 (Exit 195). Proceed north on Rte. 615 (Center St.) and turn right onto Rte. 20 (Mentor Ave.). Turn right at Wayside Dr. Counseling center is on right.

### **Beachwood:** 23240 Chagrin Blvd. Commerce Park 4, Suite 610, Beachwood, OH 44122 / 216-595-0500

From I-271 North or South (use local lanes): Exit at Chagrin Blvd. Proceed west on Chagrin Blvd. and turn left onto South Green Rd. Commerce Park IV is on left.



800-GET-HOPE (800-438-4673) 440-953-3000  
[www.laurelwoodhospital.com](http://www.laurelwoodhospital.com)